

# TREATMENT MENU

SUMMER 2023

*Beaumont*

# CAPELONGUE

AL. GOM BONNIEUX L. BERON



At Beaumont, your wellbeing is our priority. Put yourself in the caring hands of our specialist team of therapists.

Indulge in nurturing treatments crafted using thoughtful touches, perfect before or after a day's activity or relaxing outdoors.

We are here to help ease muscular tension, nourish and protect the skin or to encourage a good night's sleep.

Feel the cares of the world just drift away with an unforgettable spa & wellness experience.

In compliance with government guidance, we have implemented strict protocols to further safeguard the health and safety of our guests and team.

## MASSAGES AT THE WELLNESS SPA

**RELAXING MASSAGE** 60 min - 130€ / 90 min - 195€

This massage provides deep physical and psychological relaxation through its slow, fluid and soothing movements.

**PERSONALISED MASSAGE** 60 min - 130€ / 90 min - 195€

The personalised massage is designed around your individual needs, focusing on particular areas of concern. Choose from a toning, relaxing or energetic massage to rebalance both mind and body.

**TUI NA MASSAGE** 60 min - 130€ / 90 min - 195€

This massage has its origins in traditional Chinese medicine. Its objective is to reactivate the circulation of «Qi», or vital energy, to dissolve muscular tensions and clear blockages. A revitalizing treatment combining gentle and faster movements to energise and totally rebalance the body helping to reduce stress and anxiety.

## FACIALS AT THE WELLNESS SPA

60 min - 130€

### FACIAL TREATMENT NATURE4YOU

After your skin type and individual needs are determined, this gentle repairing treatment begins with a facial cleanse using a combination of sesame oil, Damask rose floral water and cornflowers. This is followed by an apricot kernel scrub, then an organic honey mask and the application of a serum adapted to your skin. The treatment ends with the Gua Sha anti-ageing treatment and a facial massage.

\* **Nature4You** : 100% natural and organic products, formulated by a local naturopath. Made in France by hand.

## WELLNESS MOVEMENT

### YOGA

At Beaumier, your wellbeing is our priority. We are here to prepare you for the day ahead, to clear your mind, strengthen and tone, stretch out, ease muscular tension or help you sleep.

Yoga movement classes and personal instruction are regularly available. For class schedule, location, pricing and timings, please enquire at the hotel's reception.



## FOR YOUR SAFETY AND COMFORT EVERYTHING YOU NEED TO KNOW

- Payments can be made at the hotel's reception or by room charge.
- Beaumier will follow French Government guidelines to ensure the safety of guests and team. This may include social distancing, wearing of face masks or booking time slots for our heat experiences. Our team will make you aware of current protocols at the time of booking.
- Prior to your treatment please shower thoroughly.
- Enhanced cleaning procedures have been implemented: treatment room will be well ventilated and fully sanitized between treatments.
- We have ensured the highest level of Covid safety, therefore any guests experiencing any symptoms are advised to reschedule their treatment.
- Please note that all hotel guests are required to change into their robes in their guest rooms before the appointment.

## INFORMATION

### **Arrival**

Please arrive 5 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest.

### **Cancellations**

If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellation within 24 hours or for non-arrival, you will be charged for the treatment.

### **Age policy**

Our treatments are specially tailored for adults of 18 years upwards. However, we can adapt certain treatments to those aged 14-18 with parental consent and accompaniment.

### **Health conditions**

When making your booking, please advise us of any health conditions and any medication you are taking.

### **Pregnancy**

We can adapt certain therapies to be maternity-safe after the first 16 weeks of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

### **Ambiance**

To preserve a peaceful ambiance and respect other guests, please kindly avoid using electrical devices such as phones whilst your treatment.

*Rates for season 2023*

## **CAPELONGUE**

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